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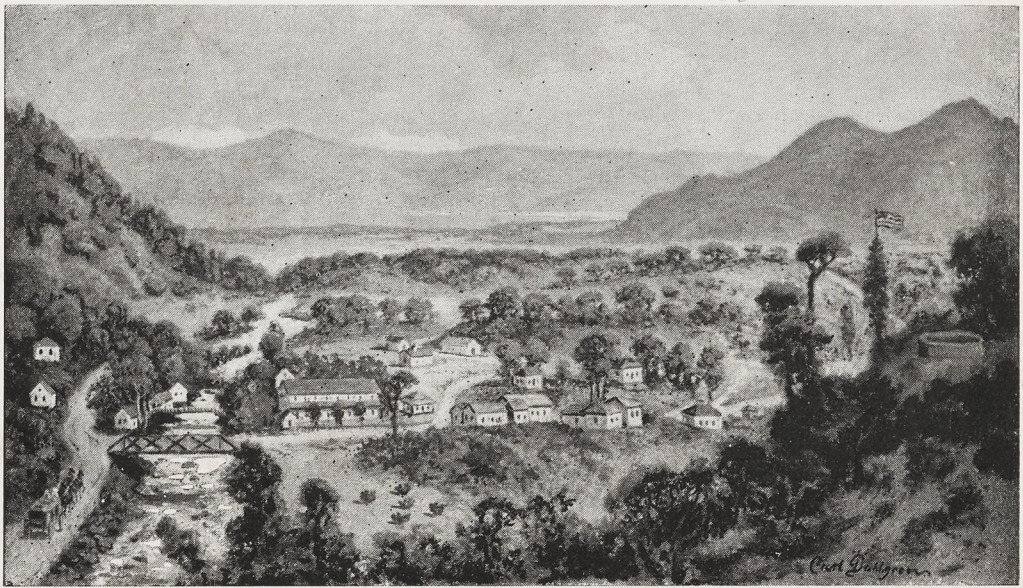
HEALTH



PLEASURE

HIGHLAND SPRINGS, LAKE COUNTY, CAL.

Analysis of Five Out of Thirty Springs

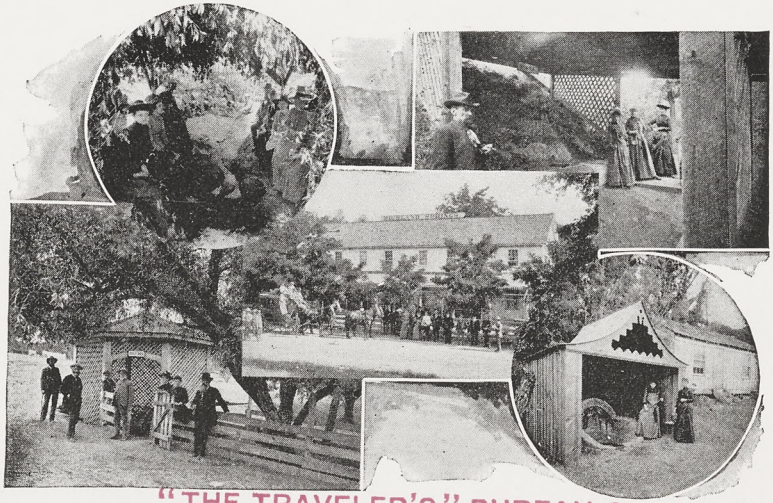
Names of Springs	SELTZER.	DUTCH OR EMS.	MAGIC.	NEPTUNE	DIANA.
Temperature	64.8° F.	70.5° F.	82.4° F.	81.7°	84.4° F.
	gr. pr. gal.	gr. pr. gal.	gr. pr. gal.	gr. pr. gal.	gr. pr. gal.
Chloride of Sodium	0.723	1.862	1.290	1.680	1.899
Bicarbonate of Soda	12.796	18.348	21.763	22.100	24.080
Bicarbonate of Potash	0.489	0.770	0.544	0.803	1.466
Bicarbonate of Lime	52.045	57.302	50.411	77.750	73.270
Bicarbonate of Magnesia	34.872	67.634	70.243	89.870	78.950
Bicarbonate of Iron	1.267	1.344	1.087	1.370	1.400
Bicarbonate of Manganese	trace	trace	trace	trace	trace
Silica	5.245	7.126	7.398	8.420	8.0793
Alumina	1.565	0.117	0.169	1.370	0.250
Organic Matter	trace	trace	trace	trace	trace
Bicarbonate of Baryta				0.175	0.200
Bicarbonate of Lithia				trace	trace
Boracic Acid				.470	undet.
Free Carbonic Acid	100.250	87.822	74.462	94.120	71.850
Total	209.252	242.321	227.367	298.128	261.424

Analyzed by W. B. RISING, Professor of Chemistry, University of California, Berkeley, June 2d, 1882.

In addition to the five Springs above named, there are twenty-five others at Highland Springs, in whose waters can be found the component parts of almost every mineral water found on earth; and, with the new and permanent improvements, affords treatment for every ailment that can be reached by the use of mineral water.

Lots of level ground and Shady Groves, Bowling Alley, Croquet Grounds, Lawn Tennis, Lovers' Retreat, Billiard Parlors, Dancing Hall, Swimming Lake, and Good Home Cooking.

Health **Pleasure**



Only six hours' travel from San Francisco by Donahue Route.

Round-trip tickets, unlimited, $8.00. Single fare, $4.50. On sale at 2 New Montgomery St., and Tiburon Ferry. Tickets for Calistoga Route on sale at Southern Pacific Depots, from Woodland, via Calistoga, $7.10; from Sacramento, via Calistoga, $7.20; from San Francisco via Calistoga, $6.50.

"THE TRAVELER'S" BUREAU OF INFORMATION,

602 MARKET STREET, SAN FRANCISCO.

INFORMATION ABOUT HOTELS AND RESORTS FURNISHED WITHOUT CHARGE.

Direct connection by mail, express and telegraph.

The main line of travel to these springs is by the S. F. and N. P. R. R. to Pieta. From this station by stage line of 12 miles, over a turnpike road, in palace coaches, through canyons and winding around the side of a mountain, with varied scenery and exhilarating balmy breezes until we halt in a beautiful valley nestled in among the hills, where is situated the great sanitarium, Highland Springs. It seems that the handiwork of nature designed this sequestered spot as a resting place for man and it is justly entitled to the name of the matchless pearl of the Golden State. No cold winds or fogs, but the finest climate on earth at Highland Springs.

The eminent physician, **Dr. A. P. Hayne**, of San Francisco, says:—

"I know of no resort for health in this State where the number and variety of waters are so marked and beneficial as Highland Springs."

Dr. James W. Blake, of San Francisco:

"I am convinced by my own personal experience that the waters of Highland Springs afford permanent relief in cases of obstinate Constipation, Dyspepsia, Liver, Kidney and Bladder Troubles, and I know of no more desirable place as a health and pleasure resort."

Dr. Henry Gibbons, Jr.

"My experience at Highland Springs has been exceedingly pleasant. It is one of the delightful spots of California. Whether as a quiet country home in Summer, a retreat from the

cares of a busy city, a pleasure resort, or a Sanitarium, it has, so far as my knowledge goes, few equals and no superiors in the State."

Dr. F. H. Stallard, of San Francisco, formerly of London says:—

"After special visits to most of the Springs and Health Resorts of Lake County, I most cheerfully recommend the many advantages of Highland Springs. The location is delightful, the climate presenting a very agreeable contrast to that of San Francisco.

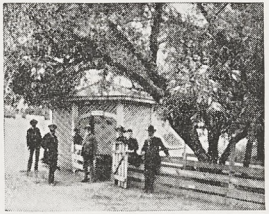
The great variety of Mineral Springs enables one to treat successfully a great number of diseases, especially Dyspepsia, Stone, Gout, Rheumatism, Neuralgia, Kidney and Bladder Complaints, and all diseases of the skin."

Boating at Highland Springs

The Seltzer Spring

Nature's Kidney, Stomach and Bladder Restorer. Beats the world on those troubles. A sure cure for Dyspepsia and La Grippe in its most aggravated form.

TAKE YOUR GUNS AND BATHING SUITS WITH YOU TO HIGHLAND SPRINGS.



Seltzer Spring

FINE CAMPING GROUNDS WITH PLENTY OF GOOD WATER FOR CAMPERS

Dr. R. Beverly Cole, of San Francisco, Member of the State Board of Health

"Highland Springs as a pleasure resort, abounding as it does, in the most picturesque scenery, broken into hill and dale, and its close proximity to Clear Lake, its uniform temperature and purity of atmosphere, renders it a great source of attraction, but as a health resort it possesses still greater attractions, in the medicinal qualities of the waters of the various Springs, especially those of the Magic, Neptune, Diana and Dutch, which are highly charged, not only with tonic and alterative, but with alkaline or ante-acid ele-ments, so indispensable in the treatment of certain conditions of the Liver and Stomach. In addition to these therapeutic agents, the Seltzer furnishes an excess of carbonic acid gas, which renders it one of the most remarkable and palatable drink-ing waters it has ever been my pleasure to taste, and compares favorably with many of the more noted Springs of Germany and France. There is no longer a necessity to repair to Europe, when such scenery, climate and waters can be found so near at hand as at Highland Springs."

Lovers' Retreat at Highlands

The late Dr. F. W. Hatch "said Highland Springs was des-tined in the near future, to be the sanitarium of the Pacific Coast, if not of the world.

In number and variety of springs; in location. environment of scenery, and most favorable conditions of climate for invalids and pleasure seekers, the Highland Springs are without a peer in California and are entitled to rank with the most noted watering places of the world."

Parties can send their families here and feel and know that they are safe, and that every attention will be shown them.

Dr. A. B. Agard, Oakland, Cal.

"Highland Springs is a good place to be at. After testing personally and noting the influence of these various springs upon patients, I do not hesitate to recommend them in the treatment of the chronic ailments with which we over-fed, fog-saturated mortals are afflicted.

The springs, climate, scenery and entertainments are all first-class, and good things to take in, sick or well."

Dr. J. S. Downes, Lakeport, Cal.

"The pleasure seeker can find no more attractive and the invalid no more beneficial place than Highland Springs. The most picturesque and romantic location, the finest drives, excellent trout fishing and deer hunting, are among the attractions of this popular resort, while the invalid finds the most equable temperature, and the greatest variety and most powerful mineral waters in the State."

Interior of Parlor at Highlands

"While it is one of the most beneficial health resorts on the Coast, it has none of the features of a hospital, but is a haven of rest and comfort, both for the sick and well."

There has just been completed a fine large Dancing Hall and Opera House, also Boating Lake, which is well stocked with choice fish; also a general store for the accommodation of guests, and everything is new and clean.

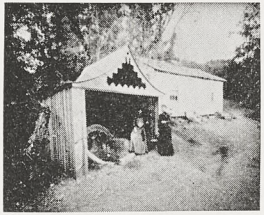
Physicians in good standing are cordially invited to spend a vacation with us, and test our waters for themselves.

The Diana . . . .

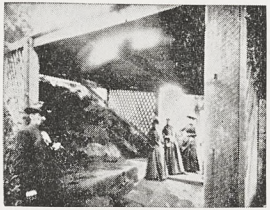
Spring is the greatest water on earth to create new blood, and has no equal as a cure for sore eyes and skin diseases. In all bronchial and throat troubles its use builds up and revivifies the system, and in all cases where a cure is possible gives permanent relief from those dread diseases.

The Dutch or Ems . . . .

is a mild-tasting, clear water, and not quite so cold as the Seltzer, pleasant to drink, is used in all cases of disordered liver, fevered cond tions, dropsy, sleeplessness and night sweats, for all of which ailments it is a remedy, giving tone and strength to the system and restoration to the vital powers, and said by those who have traveled and are familiar with both waters to be the equal if not the superior, of the celebrated Ems Springs of Germany.



Neptune Spring



Diana Spring

The Neptune

A large fine spring, is warm, pleasant to take, a fine bathing water, and very exhilarating when used as a bath. Taken internally its effect upon the liver and stomach is absolutely marvelous. It may seem strange, nevertheless it is a fact, that the waters from this spring taken internally are an absolute cure for constipation and chronic diarrhœa. This is the only spring ever found which possesses these peculiar merits.

General Directions for Guests

Drink "Dutch" or "Ems" for liver, dropsical or malarial troubles.
Seltzer for kidney, bladder, gravel, stone in the bladder, dyspepsia and indigestion.
Neptune for constipation and chronic diarrhœa.
Magic for rheumatism and weak stomach.
Arsenic for general debility. Ems and Seltzer for la grippe.
Dead Shot for aggravated constipation.

Sulphur and Iron for general debility and languidity.

Drink of and bathe with Diana for all blood and skin diseases, sore eyes and uterine troubles.

Any of the Springs or baths will tone up your system and give you an appetite.

The Springs' Physician will diagnose your case and tell you what water to use, free of charge. Special treatment charged for at reasonable rates.

Gentle Saddle Ponies for children.

Dutch—or Ems Spring

The Springs' Physician and Surgeon has no superior in the treatment of the diseases of women and children.

Hot and cold baths free; terms $10 to $16 per week, according to location of room. No extra charge for baths or use of waters.

The Livery Stable is first-class in all its appointments. Any kind of a turnout furnished at reasonable rates.

Gentle saddle horses and mules for hunting or fishing.

Fresh milk and cream in abundance.

Excursions Mondays, Wednesdays and Fridays to Blue Lakes, Seiglers, Adams, Howard Springs, Lake Port, Indian Mission or Soda Bay and return.
Parties with children can have the milk of one cow if desired.
It is the purpose of the new management to afford all the attention and courtesies possible to guests, and they will please report at the office any inattention on the part of employees.
We intend to supply the table with everything the market affords, and make the service first-class in all its appointments.

The Magic . . . .

A very pleasant drinking and bathing water, is used principally or rheumatic troubles, the effect of which upon old rheumatics, after its use for a week or ten days, is that they no longer use their crutches.

Of the many other springs, all of which have a beneficial effect, it is hardly necessary to go into detail, but simply to say that in their various waters can be found almost every mineral water known to exist. Some of them combine ingredients in happy proportions found in no other waters on the Coast.

The use of these waters will cleanse the system, eradicate the effects of over indulgence in alcholic stimulants, and do more to cure the desire for the same than any other known treatment.

The late **Dr. Henry Gibbons,** of San Francisco

Former President of the State Board of Health, said, in an editorial in the Pacific Medical Journal (June, 1882)

" The great amount of carbonic acid gas in these waters gives them all a pleasant, sharp taste, while the iron and magnesia renders them tonic, and slightly alterative. All of these springs (25 or more in number) contain Soda, Iron, Magnesia, Silica, Manganese and other ingredients, some having more than others, adapting them to the different conditions of invalids. The Seltzer Spring is a great favorite with visitors, the water being cool and deliciously pungent. There is also a Sulphur Spring on the place. The climate is healthful and pleasant, the scenery wild and inviting to rambles in all directions, whether varied for pleasure or botanical pursuits. There is no better place in the world for a Sanitarium."

Croquet Grounds

Dr. J. S. Adams, of Oakland, Cal.

" The climate, scenery and location of Highland Springs are unsurpassed. For Rheumatism, Neuralgia, Gout, and Kidney diseases, these waters are excellent. For Torpid Liver, Dyspepsia, and Kidney Complaints, these Springs are not excelled in America and probably not in the world."

There is also upon the place, for the use of the Springs, a well-kept dairy of fifty cows, so that pure, fresh butter, milk and cream can be had to the heart's content.

The waters from these springs may be had bottled in cases of 50 quarts. Delivered in San Francisco at $6.00 per case. $2.00 rebate allowed for return of bottles and case.

Fine boating, bathing, fishing and hunting. Bathing suits at the office.
Campers' supplies of all kinds furnished at reasonable rates.
Camping privileges with use of waters.
Direct communication by Post, Express and Telegraph.
Highland Springs Free Baths are the best in California. Thousands cured by the waters at Highland Springs.

Within the past year have been made vast and extensive improvements. Every room and cottage is hard-finished and contains a fire-place or stove; ventilation and sewerage is perfect; baths of all kinds attached to the various springs, constructed upon the latest hygenic principles and therapeutic application; a general merchandise store, physician's offices with the latest appliances for massage and Swedish gymnastic movements, electricity in every conceivable form.

Stag Butte

If you know anyone who has been there, ask them about it. We have no fear of their not recommending them.

Special inducements to families spending the Summer, and reduced rates in Winter.

For location and routes to reach the Springs see Map. Parties desiring to take their own teams or riding animals can reach them by either of the afore-mentioned routes, and find suitable and reasonable accommodations for the same.

Dr. R. H. Plummer, of San Francisco

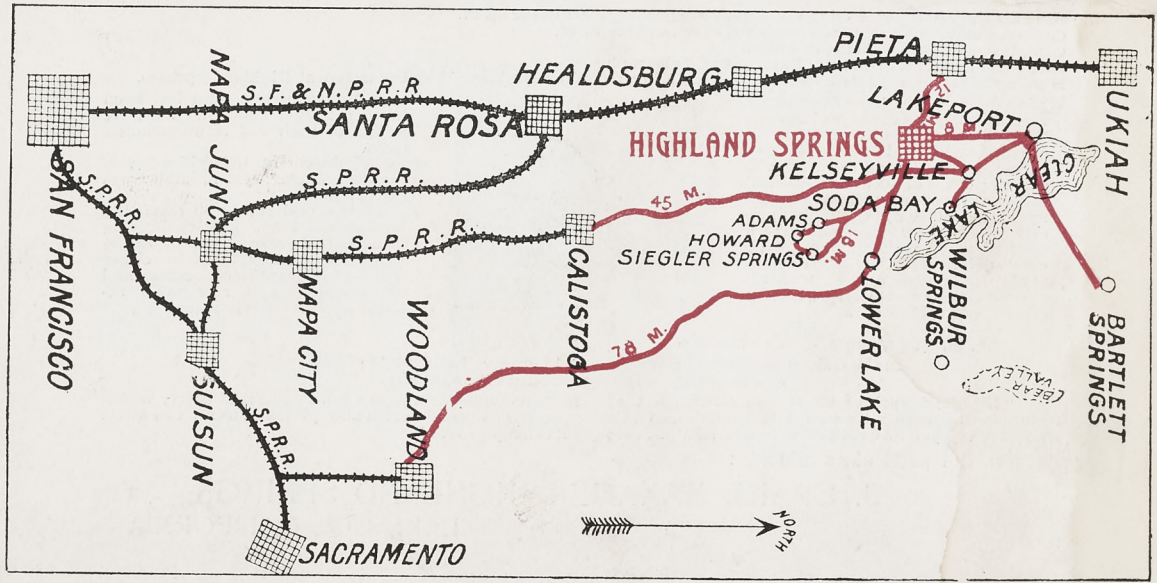
In the Official Register of Physicians and Surgeons in the State of California and Secretary of the State Board of Examiners:

"Highland Springs, situated in an arm of the great Clear Lake Valley, is a most delightful place, which Nature has adorned with a most lavish hand, combining the requisites of health and pleasure, as all can attest who have enjoyed its delicious waters or rambled through its shady groves."

For full particulars address:

J. CRAIG, MANAGER HIGHLAND SPRINGS

LAKE CO., CALIFORNIA


PIETA
HEALDSBURG
S.F. & N.P.R.R.
NAPA JUNC.
SANTA ROSA
UKIAH
LAKEPORT
HIGHLAND SPRINGS
KELSEYVILLE
CLEAR LAKE
S.P.R.R.
SODA BAY
45 M.
ADAMS
HOWARD
SIEGLER SPRINGS
18 M.
S.P.R.R.
S.P.R.R.
CALISTOGA
WILBUR SPRINGS
BARTLETT SPRINGS
SAN FRANCISCO
NAPA CITY
WOODLAND
LOWER LAKE
78 M.
SUISUN
S.P.R.R.
SACRAMENTO
NORTH